

LYNN COUNCIL ON AGING SENIOR CENTER



**May
2016**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Older Americans Are Blazing A Trail Celebrate Older Americans Month in May

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

We thought you'd find these stats about Older Americans Month of interest:

- When Older Americans' Month was first established by President John F. Kennedy in May 1963, there were 17 million Americans age 65 or older. As of 2014, there were 44.7 million Americans age 65+, and they account for approximately 14.5% of the U.S. pop. In the next 25 years 1 in 5 Americans will be an older adult.
- 10,000 Americans turn 65 each day, and this year marks the first time that members of the baby boomer generation will turn 70 years of age.
- Older Americans are more active and engaged than ever. 19% of older Americans are employed, and many of them, 4.9 million, have fulltime year-round jobs. This number has tripled since 1993. Furthermore, the number of Americans age 75 or older that are working has increased by 140%.
- It is estimated that by 2033 the number of Americans aged 65 or older will outnumber Americans aged 18 or younger.

While Executive Office of Elder Affairs promotes the independence, empowerment, and well-being of older adults, individuals with disabilities, and their caregivers adults year-round, we see Older Americans Month as a way to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own.

According to Secretary of EOEA, Alice Bonner, PhD, RN, "At Executive Office of Elder Affairs we share a vision where all adults and individuals with disabilities will have access to the resources they need to live well and thrive in every community in the Commonwealth. We encourage you to get involved by engaging in your community, participating in the dialogue about Older Americans month, and by blazing your own trail!"

From Your Mayor

As we look ahead to Memorial Day and summer on the horizon, I hope you are beginning to enjoy this delightful weather.

On May 6, members of the bands Boston and Beatlejuice will join together as Spring Rain for a special performance at the Lynn Auditorium. Proceeds from the show will support the Lynn Home for Young Women. Other performances this month include Alice Cooper on May 14 and 6 Naciones en un Mismo Espiritu on May 20. For tickets or more information, please visit www.lynnauditorium.com or call the box office at 781-581-2971.

At Arts After Hours, the off-Broadway hit "The Last Five Years" will run May 6-21. A popular and emotionally powerful musical, it follows two New Yorkers in their 20s who fall in and out of love over the course of five years. For more information about show times and tickets, call 781-205-4010.

With the Red Sox back on our televisions for the start of what will hopefully be a more promising season, we are looking forward to baseball right here in Lynn as well. The Navigators' home opener will be on June 4 and we wish them all the best as they prepare for that.

As we celebrate Mother's Day, I hope every mother and grandmother enjoys a special day with her loved ones. This month we also remember all of the brave individuals who died while serving in the armed forces. We have much to be thankful for, because of their heroism.

Be well and enjoy this beautiful season,
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

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Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Rosa Paulino-Diaz
Activities Assistant ext. 625
Pam Brito
Program Coordinator ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

Albert DiVirgilio
Arthur Akers
Edmund Brown
Frank LaMacchia
Lester McCLain
Charles Mitchell
Frances Taggart
Pearl Brown
Marlene Vasi Eddy
Minette Lall

President
Clerk

Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble
Marie Pelligrini
Deb Small
George Harvey
Roberta Abrams

President
Vice President
Treasurer
Recording Secretary
Membership Secretary

Next FRIENDS
Meeting,
May 26th* @ 10am

NEW! Benefit Help

Safelink/Assurance Cell phone Assistance Office Hours

Mondays 12:30 pm – 1:30 pm
Resource Library

Food Stamp/SNAP Assistance Office Hours

Tuesdays 12:30 pm – 2:30 pm
Resource Library

MAY HAPPENINGS

Tues, May 3rd	Birthday Party Karaoke!	11:30 am – 1:00 pm
Weds, May 4 th	Penny Sale Senior Center	12 noon – 1pm
	Proceeds to the Friends of LCOA	
Thurs, May 5 th	OPEN HOUSE	
	Entertainer: Denise Doucette	12:15 pm
Thurs, May 5 th	Veterans Coffee Hour with Tom Moran	1:00 pm – 2:00 pm
	Resource Library	
Mon, May 9 th	Bingo Bonanza \$11 - 12 games	
	6 cards -paper sheets only	
	one package per person	Big prizes!
	1 pm start time	12 noon card sales until 12:50pm
Tues, May 10 th	Blood Sugar <u>AND</u> Blood Pressure Clinic	8 am – 9:30 am
	Lg Activity Room	
Thurs, May 12 th	Ice Cream Social! Friends of LCOA	\$25 1pm
Mon, May 16 th	Field Trip: MBTA Sr. ID –Downtown Boston	9:30 am – 2:30 pm
	Lunch @ Wendy's	\$2
Tues, May 17 th	Lunch Trip: Flaming Grille	\$2 10:30 am
Weds, May 18 th	Mass Senior Action Meeting Wall Plaza	10 am
Thurs, May 19 th	Podiatry Appointments	10 am – 12 pm
Fri, May 20 th	BROWN BAG Program	10 am – 12pm
	sponsored by the BOSTON FOOD BANK	
Mon, May 23 rd	Shop/Lunch Trip: Dollar Zone, Boston St Lynn	– 9:30 am
	Lunch at Imperial Buffet	\$2
Tues, May 24 th	Foxwoods Casino Trip	6:30 am – 6:30pm
	\$28 (pre-paid reservation required)	
Weds, May 25 th	Lynn Council on Aging Board of Directors Meeting	11:30 am
Thurs, May 26 th	Friends of the Lynn Council on Aging meeting	10 am
Fri, May 27 th	Lunch Trip: Cracker Barrel Restaurant	\$2 9:30 am - 1:30 pm
Mon, May 30 th	Memorial Day	Center is closed
Tues, May 31 st	Lunch Trip: Castle Island	\$2 9:30 am - 1:30 pm

Class Cancellations & Notices:

May 12 th & 19 th	No Zumba classes
May 13 th	No Exercise class
May 25 th	Movie at 12 noon- Center closes at 2pm. Please book rides for 1:45pm.

FRIENDS MEETINGS

May 26th

10 am - First Floor Board Room

Considering joining the FRIENDS? Come visit us and see what we're all about! ...

Friendship first, friendly smiles making smiles and raising funds for our senior center.

Open House!

Lynn Senior Center
Thurs, May 5th
11 am – 1pm

Come see us! Visit the senior center and receive a tour. Stay for lunch and enjoy our Mother's Day entertainer, Denise Doucette at 12:15 pm

Disclosure alert: Age is just a number. You may be old enough to join us, but just not old enough to hang out at the senior center. However, evidence proves that socializing improves your health.

Bring your bucket list! We're open to new ideas for activities!

No reservation required.

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Rod Deland, Proprietor

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MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Boneless pork chops(55) Mashed sweet potato(55) Calories-762 Sodium-527 ALTERNATIVE Veggie burger/bun(480) Calories-550 Sodium-1056	3 Chicken teriyaki(252) Brown rice(7)Stir fry veg.(27) Calories-705 Sodium-607 ALTERNATIVE WG macaroni &cheese(582)* Calories-660 Sodium-1000	4 Baked fish/tartar sauce(314) Red potatoes(9) Peas(3) Calories-714 Sodium-675 ALTERNATIVE Cerdo asado(pork)-(100) Calories-800 Sodium-465	5 MOTHER'S DAY SPECIAL Roast chicken/stuffing/gravy Mashed potatoes Salad/dressing Dinner roll Brownie Calories-763 Sodium-930	6 Beef stew(94) Rice/chickpeas(54) Calories-794 Sodium-485 ALTERNATIVE Cheese pizza(620)* Calories-665 Sodium-1128
9 Cheese lasagna/sauce(411) Spinach(154) Calories-665 Sodium-1075 ALTERNATIVE Egg & cheese sandwich(570)* Potato wedges(14) Calories-600 Sodium-930	10 Roast pork loin/gravy(209) Plantains(16) Salad(50) Calories-770 Sodium-575 ALTERNATIVE Baked tomato chili chicken- 377 Plantains(16) Salad(50) Calories-726 Sodium-750	11 BBQ chicken(370) Candied yams(26) Calories-686 Sodium-768 ALTERNATIVE Curried beef(50) Mixed veg.(40) Yams(26) Calories-783 Sodium-440	12 NE style cod(337) Pasta(2) Salad/dressing(50) Calories-794 Sodium-740 ALTERNATIVE Boneless pork chops(55) Rice and beans(48) Calories-745 Sodium-510	13 Meatloaf/gravy(278) Mashed potatoes(198) Calories-740 Sodium-893 ALTERNATIVE Tortellini/meatsauce(362) Carrots(74) Calories-668 Sodium-725
16 Roast turkey Florentine(640)* White rice(6) Broccoli(12) Calories-721 Sodium-1188 ALTERNATIVE Eggplant parm/pasta(711)* Calories-787 Sodium-1253**	17 Meatballs/pasta/sauce(313) Salad/dressing(50) Calories-626 Sodium-690 ALTERNATIVE Tilapia/tomatilla salsa(184) Calories-795 Sodium-567	18 Roast pork/gravy(75) Mashed sweet potatoes(55) Calories-749 Sodium-710 ALTERNATIVE Egg salad sandwich(440) Calories-676 Sodium-890	19 Chicken cacciatore/rice(535)* Salad/dressing(50) Calories-690 Sodium-830 ALTERNATIVE Stewed beef/rice(140) Calories-723 Sodium-435	20 Salmon/dill sauce(260) Yellow rice(6) Calories-690 Sodium-605 ALTERNATIVE Rigatoni/sauce(398) Calories-739 Sodium-736
23 Hamburger/roll/ketchup(470) Potato wedges(14) Calories-874 Sodium-940 ALTERNATIVE Cerdo asado(pork)-(100) Calories-782 Sodium-534	24 Shepherd's pie(170) Salad/dressing(50) Calories-757 Sodium-500 ALTERNATIVE Baked fish(184),potato(198) Calories-715 Sodium-710	25 Tortellini/meat sauce(362) California blend veg(23) Calories-640 Sodium-844 ALTERNATIVE Arroz con pollo(chicken)-(128) Calories-670 Sodium-610	26 Lemon pepper pork(255) Salad/dressing(50) Calories-710 Sodium-942 ALTERNATIVE Beef tips(134),rice/beans(60) Calories-736 Sodium-822	27 Rosemary chicken(350) Red potatoes(9) Calories-637 Sodium-695 ALTERNATIVE Cheese pizza(620)* Calories-694 Sodium-1128
30 HOLIDAY NO MEAL SERVICE	31 Beef hot dog/roll(720)* Baked beans(140) Calories-790 Sodium(1229)** ALTERNATIVE Pork loin/gravy(209) Calories-805 Sodium-945	NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK,BREAD,MARGARINE, AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500mg.per serving). MEALS MARKED ** ARE HIGH SODIUM(more than 1200MG per meal).	HAPPY MOTHER'S DAY!

MENU SUBJECT TO CHANGE WITHOUT NOTICE

SENIOR CENTER ACTIVITIES • MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 VIDEO EXERCISE (IN2L)	12:30-2:30 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	1:00 FREE ZUMBA CLASS	
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER	2:00-3:00 HORSE RACE GAME	
	12:00-2:45 POKENO			
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			

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CASINO TRIPS

Departs from Lynn Senior Center

Foxwoods Casino \$28
6:30 a.m. – 6:30 p.m.

Tues, May 24th
Tues, August 16th
Tues, Oct 18th
Tues, Nov 15th

\$10 Free Slot Play

\$10 Food coupon or free
meal at the buffet

Mohegan Sun \$28
6:30 a.m. – 6:30 p.m.

Tues, June 21st

Package to be released soon

Plainridge Casino \$10
8:30 am - 5:30 pm

Tues, July 19th
Weds, Sept 21st

\$10 Free slot play and if
you're a new rewards mem-
ber, you receive a U-Spin for
a chance to win \$5 - \$500.

Limited seating

Pre-paid reservation required

Package subject to change
based on passenger count

Buses leave Lynn Senior
Center promptly at 8:30 am
and leave casino promptly at
3:45 pm promptly



MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

May 4	Creed	2016	PG-13	133 mins
May 11	The Intern	2015	PG-13	122 mins
May 18	Las Vegas	2013	PG-13	105 mins
May 25	Bucket List ***12 noon start time***	1997	PG-13	97 mins



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



Opening for a VOLUNTEER DRIVER

Love to Drive? Enjoy socializing? Looking to get out more?
We're looking for a volunteer driver to drive our seniors on field trips or lunch trips.
Most trips are morning to mid afternoon. A few times a year we do special night trips.
We provide easy safety training. You must have a clean CORI and decent driving record.

What do you get besides time with us? Lunch!

If interested, or have any questions, please call Pam at 781-586-8618.

TAX AMNESTY

2016 Massachusetts Tax Amnesty

April 1–May 31

mass.gov/TaxAmnesty

Take Advantage of the Tax Amnesty before May 31, 2016

The vast majority of Bay Staters pay their taxes, but not all. Now there's an opportunity for those who have not filed, or have underreported, to get on track and pay no penalties through a tax amnesty.

Open to Businesses and Individuals:

- Who have **not** filed all Massachusetts tax returns when obligated to do so – could be one or more returns
- Or, who have **underreported** taxes on a previously filed tax return and want to correct the error

New tax system makes it easier to identify tax evasion

Massachusetts' new system for filing and paying is now available to businesses and will soon be available for individuals. This state-of-the-art tax system will play an important role in identifying tax avoidance. Time is limited to take advantage of this amnesty and waive penalties.

Easy, online *Amnesty Return*

First, the amount of tax is calculated by completing a return and any schedules. Then, the amount of tax due is entered on the easy, secure, online *Amnesty Return*, which will be available on the [amnesty webpage](http://amnesty.webpage) as of the April 1 kickoff date. Interest is automatically calculated and the balance due will be shown. Payment can be made electronically and confirmation of receipt of the Amnesty Return is immediate.

More information is available at mass.gov/TaxAmnesty including [FAQs](#).



**It's time to catch up on back taxes
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Wellness Watch May 2016

May is American Stroke Awareness Month. A stroke happens every 40 seconds and every 4 minutes someone dies from a stroke. Each year almost 800,000 people experience a new or recurrent stroke. In the United States, stroke is the leading cause of adult disability and the 5th leading cause of death.

What is a stroke?

A stroke is an attack to the brain that occurs when blood flow to an area of the brain is cut off. Brain cells are deprived of oxygen and begin to die and the abilities of the body that are controlled by that part of the brain are lost. The location and size of the attack vary greatly and determine how a person is affected. A small stroke may only cause temporary weakness of an arm or leg, where as a large stroke can leave someone permanently paralyzed with loss of speech or movement on one side of the body.

What are the symptoms?

- Sudden numbness or weakness of the face, arm or leg, especially if it only occurs on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause.

If a person is experience a stroke they must ask FAST by asking the following questions

F- Face, Can you smile? Does one side of the face droop?

A-Arms: Can you raise both arms? Does one arm drift downward?

S-Speech: Can you repeat a simple phrase? Is your speech slurred or strange?

T-Time: if any you answer yes to any of these questions you must call 9-1-1 immediately.

Prevention

80% of strokes can be prevented and it is important to know the risk factors and how to reduce risk. High blood pressure, atrial fibrillation, high cholesterol, diabetes and blood circulation problems all increase risk for a stroke. All of these medical conditions can be controlled with medication and a healthy lifestyle. Be sure to discuss with your medical provider about any concerns and changes you are looking to make. Lifestyle factors include maintaining a healthy weight by eating properly and staying active. Refrain from smoking as it doubles the risk of stroke. Limit alcohol intake to one drink a day for women and two drinks a day for men.

For more information log onto: www.stroke.org

Kelsey Spotts- Wellness Program Coordinator

The Kiosk for Living Well

Come to the Kiosk in May! We want to show you all the new Trivia games and introduce you to our specialists if you haven't met them yet. There's no time like the present!

You can meet with The **Million Hearts Nurses** and our **Community Health Workers Tuesday May 10th and Thursday May 26th from 9:30-11:30**. So far, there hasn't been one question our Million Hearts team can't answer.

Sylvia, our **Balance and Falls Prevention Specialist** will be available to teach some tools to improve your mobility. She can assess your strength and balance and work with you on improvements if necessary. She'll be at the Kiosk on **Thursday April 5th from 9:00-11:30**.

The Kiosk is open every Tuesday and Thursday from 10:00 – Noon.

Kiosk Exercise classes also take place every Tuesday and Wednesday from 12:30 to 1:30.

We look forward to spending some time with you at the Kiosk!

MAY

A P R D L A R E M E I
 L S Y M H Y O W E R Y
 S S A B E R L R I L N
 U D M F A M M L F G G
 R S R I L O O R I N P
 U E N I T O E R I L O
 A E M H B T W R I E E
 T D E A T T P E E A M
 Y R F U L S O B R W L
 E R B S M E R R Y X V
 G R A S S N U S W T H

BEE

BIRD

BUTTERFLY

EMERALD

FLOWER

GRASS

LILLY

MAY

MEMORIAL

MERRY

MOTHER

NEST

POEM

RAIN

SEED

SPRING

SUN

TAURUS



To All the Moms ...

Mothers

This is for the mothers who have sat up all night with sick toddlers in their arms, wiping up barf laced with Oscar Mayer wieners and cherry Kool-Aid saying, "It's okay honey, Mommy's here." Who have sat in rocking chairs for hours on end soothing crying babies who can't be comforted.

This is for all the mothers who show up at work with spit-up in their hair and milk stains on their blouses and diapers in their purse.

For all the mothers who run carpools and make cookies and sew Halloween costumes. And all the mothers who DON'T.

This is for the mothers who gave birth to babies they'll never see. And the mothers who took those babies and gave them homes.

This is for the mothers whose priceless art collections are hanging on their refrigerator doors.

And for all the mothers who froze their buns on metal bleachers at football or soccer games instead of watching from the warmth of their cars, so that when their kids asked, "Did you see me, Mom?" they could say, "Of course, I wouldn't have missed it for the world," and mean it.

This is for all the mothers who yell at their kids in the grocery store and swat them in despair and stomp their feet like a tired 2-year old who wants ice cream before dinner. Suddenly it's the mom who's stomping, not the child...

This is for all the mothers who sat down with their children and explained all about making babies.

And for all the (grand)mothers who wanted to, but just couldn't find the words.

This is for all the mothers who go hungry, so their children can eat.

This is for all the step-mothers who raised another woman's child or children, and gave their time, attention, and love... sometimes totally unappreciated!

This is for mothers who put pinwheels and teddy bears on their children's graves.

For all the mothers who read "Goodnight, Moon" twice a night for a year. And then read it again. "Just one more time."

This is for all the mothers who taught their children to tie their shoelaces before they started school. And for all the mothers who opted for Velcro instead.

This is for all the mothers who teach their sons to cook and their daughters to sink a jump shot.

This is for every mother whose head turns automatically when a little voice calls "Mom?" in a crowd, even though they know their own offspring are at home -- or even away at college.

This is for all the mothers who sent their kids to school with stomach aches, assuring them they'd be just FINE once they got there, only to get calls from the school nurse an hour later asking them to please pick them up. Right away.

This is for mothers whose children have gone astray, who can't find the words to reach them.

For all the mothers who bite their lips until they bleed when their 14 year olds dye their hair green. For all the mothers of the victims of recent school shootings, and the mothers of those who did the shooting.

For the mothers of the survivors, and the mothers who sat in front of their TVs in horror, hugging their child who just came home from school, safely.

This is for all the mothers who taught their children to be peaceful, and now pray they come home safely from a war.

What makes a good Mother anyway? Is it patience? Compassion? Broad hips?

The ability to nurse a baby, cook dinner, and sew a button on a shirt, all at the same time? Or is it in her heart? Is it the ache you feel when you watch your son or daughter disappear down the street, walking to school alone for the very first time?

The jolt that takes you from sleep to dread, from bed to crib at 2 A.M. to put your hand on the back of a sleeping baby?

The panic, years later, that comes again at 2 A.M. when you just want to hear their key in the door and know they are safe again in your home?

Or the need to flee from wherever you are and hug your child when you hear news of a fire, a car accident, a child dying?

The emotions of motherhood are universal and so our thoughts are for young mothers stumbling through diaper changes and sleep deprivation... And mature mothers learning to let go. For working mothers and stay-at-home mothers. Single mothers and married mothers. Mothers with money, mothers without. This is for you all. For all of us!

Hang in there. In the end we can only do the best we can. Tell them every day that we love them. And pray. Please pass along to all the Moms in your life. "Home is what catches you when you fall - and we all fall."

~ Anonymous ~

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger

~ Dr. Harvey Berger

Thank you for your donation

~ Sophie Karoumpalis

In memory of Joan Ward

~ Kiki and Inky Chaiton

In loving memory of my brother, Arthur Warren

~missed every day, Ethel Forse

In loving memory of my brother, Arthur Warren

~your sister, Hazel Reinholm

In loving memory, dear friend, Arthur Warren

~Cindy LeBlanc

In appreciation of the tax preparers

~Eileen J. Queena



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DEDUCTIBLE DONATION

GE matches all donations made
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Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of



Person's Name: _____

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All services supervised by Registered Nurses.

HELENE M. AHERN, F.S.C.

Catholic Cemetery Assoc.
Archdiocese of Boston INC

226 North St., Salem, MA 01970

C: 781-953-6753 FX: 978-740-9528



Hair Salon

SOPHIE'S SALON

WEDNESDAYS
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

VETERANS COFFEE HOUR

May 5th

1:00 pm - 2:00 pm



PODIATRIST



May 19th & June 9th

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

May 10th

8:00 am - 9:30 am

note time change

Nurse available for any health questions.



HEARING CLINIC



May 3rd

10:00 am - 11:00 am

Please note that the hearing clinic is now every other month.

MASSAGE THERAPY

1:00 pm - 3:00 pm

Call for appointment.



LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

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